



# Bone Densitometry

## **What is a Bone Density Scan?**

This is a form of x-ray technology that is used to measure bone density or bone mass. The areas which are measured include the lumbar (lower) spine and both hips. This test determines your risk for fractures.

## **Who performs your Bone Density Scan?**

A medical radiation technologist.

## **What happens during the procedure?**

You may be asked to change your clothing for the procedure, and remove any metallic or dense objects located in the areas to be measured. The technologist will take your height and weight, and ask you to lie on the examination table. During the procedure, you will be asked to remain still but to breath normally.

To examine your hips, your legs will be placed in a holder to maintain the proper position for measurement. The detector moves slowly over the area to be measured, sending a beam of low dose x-rays through the spine or hip. This generates computer images which are used to determine your bone density.

This test is quick and painless.

## **Should I expect any after effects as a result of this procedure?**

No. There should be no after effects.

## **When and how will I know the results?**

Your physician will receive a written report from the Nuclear Medicine physician (specialized medical doctor). You should obtain the results from your physician. If there is an urgency, your physician is more than welcome to contact us by phone.